

## **ABSTRACT**

A self-venting microwave cooking container for use with a vertical fill automated machine generally comprises a bag portion, a tray portion, and a venting configuration. The bag portion defines an opening for receiving a food product from a vertical fill automated machine, and the tray portion includes a floor having a surface for supporting the food product. Once the food has been delivered to the container, the opening is sealed, and the food product is maintained within the container and ready for subsequent cooking in a microwave oven.